



Primal Diet
RAW FOOD LIST
2020



Primal Diet™ Raw Food List 2020

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Table of Contents

FOOD CLUBS & CO-OPS, MEMBERSHIPS	2
ORGANIC FARMERS & MILK FINDER	3
PRODUCTS	4
<i>Honey, Unheated</i>	4
<i>Royal Jelly & Bee Pollen</i>	6
<i>Coconut Cream</i>	6
<i>Raw Fresh Dairy</i>	7
<i>Raw Butter & Cream</i>	12
<i>Raw Cheese, No Salt Added</i>	14
<i>Raw Fresh Beef, Bison, Poultry</i>	17
<i>Eggs</i>	21
<i>Oils Pressed Below 96°F</i>	23
<i>Vanilla Extract</i>	26
<i>Apple Cider Vinegar</i>	27
<i>Breads</i>	29
<i>Pasta</i>	29
<i>Sun-Dried Unsulphured Fruit</i>	30
<i>Raw Nuts and Seeds</i>	31
<i>Fresh Organic Herbs. Bulbs & Seeds</i>	32
<i>Clay Sun-Dried</i>	35
<i>Juicers</i>	36
<i>Canning Jars & Glass Containers</i>	36

<i>Baby & Children.....</i>	<i>37</i>
<i>Hot Water Bottles, True Rubber.....</i>	<i>37</i>
<i>Suppository Syringe.....</i>	<i>38</i>
<i>Green Tobacco</i>	<i>39</i>
<i>Household & Personal Care</i>	<i>40</i>
<i>Shoes.....</i>	<i>41</i>
<i>Aajonus' Books, Newsletters, Audio, DVD Workshop.....</i>	<i>42</i>
QUALITY FOODS FOR PRIMAL DIET™	43
CHECKLIST FOR PURE, ORGANIC DAIRY PRACTICES & PRODUCTS FOR PRIMAL DIETERS.....	45
DAIRY FEED ANALYSIS	46
GETTING HEALTHY FOODS YOU WANT.....	52
<i>Aajonus' Sample Food Club Membership Agreement</i>	<i>53</i>

"I will have all the information in books. They won't need me when I have all the information; that's what I'm working on. Everybody will be able to take care of themselves if I give everybody enough information."

Aajonus Vonderplanitz

Food Clubs & Co-Ops, Memberships

These Food Clubs and Co-ops make available most foods for the Primal Diet weekly or bi-weekly, for pickup only. Sometimes they deliver food to your home address.

Food Clubs — Miller's Organic Farm

http://www.millersorganicfarm.com/Food-Clubs_ep_72.html

Current information on many Food Clubs nationwide. All Food Clubs listed on Amos Miller's website offer foods for the Primal Diet.

FarmMatch — Connecting farmers and consumers

<https://www.farmmatch.com/>

Enter your zip code to see what Food Clubs may be near you, so you can sign up for a Food Club membership.

Ra Healthy Foods Club, CA & RA Ship to Me Direct from Farm

<https://www.farmmatch.com/rahealthyfoods>

Many pickup locations in California and *RA Ship to Me Direct from Farm* to any city in mainland USA. They have the entire gamut of Primal Diet foods available. Raw, 100% grass-fed, etc. They also started making their own fresh raw coconut cream. Must join Ra Healthy Foods Club to receive products.

Organic Farmers & Milk Finder

Certified Organic Farmers

[https://www.ccof.org/directory/
ccof@ccof.org](https://www.ccof.org/directory/ccof@ccof.org)

Phone: 831 423-2263

Fax: 831 423-4528

Jack Lewin: 831 423-2263 ext. 21

jake@ccof.org

2155 Delaware Avenue, Suite 150, Santa Cruz, CA 95060

Directory lists sources for organic meat and produce throughout U.S.

RealMilk — A Campaign for Real Milk

<https://www.realmilk.com/real-milk-finder/>

The site lists many dairies by state including some dairies that pasteurize their products. Read carefully so that you don't choose pasteurized or homogenized dairy.

FarmMatch — Connecting farmers and consumers

<https://www.farmmatch.com/>

Enter your zip code to see what farmers may be near you, so you can buy the fresh healthy food directly from your local farmers.

Products

If your health food store cannot get the following products through their distributors, or if you would like to buy direct in bulk, order online, call or write those companies and farmers listed with addresses and phone numbers.

HONEY, UNHEATED

Confirm whether each honey source feeds bees sugar syrup or corn syrup during dry season.

Bay Area Bee Company, CA

<https://www.bayareabeecompany.com/>

Never heated at all. Bees have never been fed anything. For orders please call or email.

Phone: 415 868-5598

Email: orders@bayareabeecompany.com

P.O. Box 10, Bolinas, CA 94924

Honey Pacifica, CA

<https://www.honeypacifica.com/>

Sage honey plus a variety of additional flavored honeys. Ask for label that says "Cold-packed and Unheated".

Phone: 562 803-4300

Fax: 562 803-4344

Email: honeypacifica@hotmail.com

9856 Everest St, Downey, CA 90242

Jimmy Mac Farms, LLC, HI

<http://jimmymacfarms.com/>

Unheated liquid honey from Hawaii's big island. Is very slow to crystallize. Bees are never fed anything. You can request honey in glass pint jars. Lehua and macadamia varieties.

Phone: 808 965-1155.

P.O. Box 463 Pahoa, HI 96778.

Rare Hawaiian Honey, HI

<https://www.rarehawaiianhoney.com/>

Unheated white Kiawe honey very — special taste and texture. Never feed bees anything. Currently offering special prices. Formally named Volcano Island Honey and was sold by Richard Spiegel a few years ago. Practices are the same high quality now.

Phones: 888 663-6639 (toll free), 808 775-1000 (direct)

66-1250 Lalamilo Farm Road, Kamuela, HI 96743

Really Raw Honey, MD

<https://www.reallyrawhoney.com/>

Never heated at all. Call for varieties. Sold through health food stores. Order online. Call for store near you.

Phone: 800 REAL-RAW (800 732-5729)

Email: webinfo@reallyrawhoney.com

ROYAL JELLY & BEE POLLEN

Keep royal jelly and pollen refrigerated. Pollen pellets should be soft, not hard. **ALL royal jelly comes from China frozen.** Request distributors to get non-frozen royal jelly. Stay away from dried and baked bee pollen. The honey companies below do their best to use the highest quality, reputable sources.

Honey Pacifica, CA

<https://www.honeypacifica.com/>

Royal jelly and pollen.

Phone: 562 803-4300

Email: honeypacifica@hotmail.com

9856 Everest St, Downey, CA 90242

Y.S. Eco Bee Farms

<http://www.ysorganic.com/>

Royal jelly.

Phone: 800 654-4593

Fax: 815 496-9389

Email: ysorganic@indianvalley.com

2774 N. 4351 Rd, Sheridan, Illinois 60551

COCONUT CREAM

Original Living Coconut, MO

<https://originallivingcoconut.com/>

Makes coconut cream with machines from Thailand. Will ship anywhere in the USA. Put the word "Primal" in the comments section when ordering online. Speed of delivery may vary.

Phone: 815 600-6633

817 W. Arnold Wallen Way, Stockton, MO 65785

RAW FRESH DAIRY

Be certain to ask all of them NOT to freeze any product at any time.

Claravale Farm, CA

<https://claravalefarm.com/>

Raw dairy sold at various retail health food stores around CA.

Phone: 831 628-3219

Email: info@claravaledairy.com

33320 Panoche Road, Paicines, CA 95043

Dutch Meadows Organic Dairy, PA

<https://dutchmeadowsfarm.com/>

Raw milk, butter, cream, meats and poultry. Ask for fresh, unfrozen meat and more raw products. Order online.

Phone: 717 442-9208 — Alvin and Raymond Stoltzfus

Email: dmodairy@gmail.com

694 Country Lane, Paradise PA 17562

Grazin' Acres Farm Pantry (Vernon Hershberger's Dairy Farm)

<https://foodclub.org/gafarmpantry/login>

Raw milk, butter, cream, cheeses, eggs, poultry, meats. If you are interested in becoming a member call them first to discuss your possible membership and expectations.

Phone: 608 727-2904

S6145 HWY 23. Loganville, Wisconsin 53943

Hawthorne Valley Farm, NY

<https://farm.hawthornevalley.org/>

No antibiotics or vaccinations. Do not need to join a co-op to buy milk.

Phone: 518 672-7500

Fax: 518 672-7457

327 County Route 21C, Ghent, NY 12075

15 miles northeast of Catskill, NY

Hilltop Meadow Farm, PA

100% grass fed. Hay is uncertified organic but homegrown — no chemicals. Only ship cheese, and it is raw unsalted. Do not need to join a co-op to buy milk.

Ask Unice or Lamar for unfrozen and unsalted dairy.

Phone: 570 345-3305

153 Martins Rd, Pine Grove, Pennsylvania 17963-8218

Kimberton Whole Foods, PA

<https://www.kimbertonwholefoods.com/>

Raw milk only. Grass fed; hay is organic. No hormones, antibiotics or vaccinations. No co-op needed. Several store locations.

Michael Strouse, Wholesale Orders Manager

Phone: 610 935-1444

P.O. Box 760, Kimberton PA, 19442

Mark Nolt Farm, PA (former Nature's Sunlight)

Organic raw milk, cream, butter, cheeses either salted or unsalted. Ask for unsalted and never frozen.

Maryann and Mark Nolt

Phone: 717 776-3417

Newvilie, PA 17241

Meadow Ridge Farm, PA

<https://myrealfoods.com/MeadowRidgeFarm/>

Raw milk, dairy, sheep, and camel dairy. Cheeses, meats, wild-caught seafood. Ask for fresh, unfrozen meat and more raw products. Delivers in New York, New Jersey, Connecticut, Maryland, West Virginia, Virginia & Pennsylvania.

Mervin Esh

Phone: 717 530-5999

Email: cjwvega@gmail.com

Miller Organic Farm, PA

<http://www.millersorganicfarm.com/>

Milk, butter, cream, cheese, beef, lamb, pork, chicken, unwashed eggs.

Amos Miller

Farm Phone: 717-556-0672

Order Phone: 305 677-2735

Email: help@MillersOrganicFarm.com

648 Mill Creek School Rd, Bird-In-Hand, PA 17505, approximately 75 miles West of Philadelphia

New Morning Market, CT

<https://www.newmorningmarket.com>

Raw cow milk, raw goat milk, chicken. Raw organic available from local farmers.

Open daily 10am – 6pm.

Phone: 203 263-4868

Email: contact@newmorn.com

129 Main St N, Woodbury, CT 06798

Pleasant Pastures, PA

<https://www.farmmatch.com/pleasantpastures>

Raw milk, butter, cream, eggs, poultry, meats. Ask about no salt cheese. Cow, goat and sheep dairy.

Daniel and Linda Stoltzfus

Phone: 717-768-3437 You may need to leave a message and they'll get back to you as soon as possible.

Email: pleasantpastures11@gmail.com

Save Your Dairy, AZ

<https://saveyourdairy.com/>

Raw milk only. Cows are fed a completely organic diet of alfalfa hay, barley. No pesticides, herbicides, harsh chemicals or synthetic fertilizers.

Jackie Calamos

Phone: 480 279-4474, 480-575-8499

Email: contactus@saveyourdairy.com (put "Totally Raw" in Subject)

25208 South Higley Road, Queen Creek, AZ 85242

Swan Bros Dairy, OK

<https://swandairy.com/>

Mainly grazed raw milk & cream. No chemicals or pesticides in feed. Their raw cheese is salted, so Aajonus would NOT recommend it.

Diane Williamson

Phone: 918 341-2298

Fax: 918 342-9033

938 E. 5th Street Claremore, OK, 74017

Swiss Villa, PA

<https://www.swissvillallc.com/>

100% grass-fed raw cow milk from a small herd of heritage breed cows. Raw goat and sheep milk. Raw milk cheese, duck and chicken eggs, and grass-fed beef.

Phone: 717 515-6160

Email: Products@SwissVillaLLC.com

1783 Prospect Road, Washington Boro, PA 17582

Willow Run Foods P.M.A, PA

Phone: (717) 556-0285

995-B Musser School Road, Gordonville PA 17529

Windy Acres Farm, OR

<https://www.windyacresdairy.com/>

100% grass fed. No hormones etc. Butter and cheese are raw and unsalted. Raw milk, cream, butter, butter milk and some cheeses.

Billie & Dave

Cell: 541-613-5239

Phone: 541 447-5389

Email: windyacres26@gmail.com (type "Raw Milk" in Subject)

RAW BUTTER & CREAM

Dutch Meadows Organic Dairy, PA

<https://dutchmeadowsfarm.com/>

Raw milk, butter, cream, meats and poultry. Ask for fresh, unfrozen meat and more raw products. Order online.

Phone: 717 442-9208 Alvin and Raymond Stoltzfus

Email: dmodairy@gmail.com

694 Country Lane, Paradise PA 17562

Grazin' Acres Farm Pantry (Vernon Hershberger's Dairy Farm)

Raw milk, butter, cream, cheeses, eggs, poultry, meats.

Phone: 608 727-2904

S6145 HWY 23. Loganville, Wisconsin 53943

Hilltop Meadow Farm, PA

100% grass fed. Hay is uncertified organic but homegrown — no chemicals. Only ship cheese, and it is raw unsalted. Do not need to join a co-op to buy milk.

Ask Unice or Lamar for unfrozen and unsalted dairy.

Phone: 570 345-3305

153 Martins Rd, Pine Grove, Pennsylvania 17963-8218

Mark Nolt Farm, PA (former Nature's Sunlight)

Organic raw milk, cream, butter, cheeses both in salted and unsalted. The butter is exceptionally orange and nutrient dense. Ask for unsalted and never frozen.

Mark and Maryann Nolt

Phone: 717 776-3417

Newvilie, PA 17241

Meadow Ridge Farm, PA

<https://myrealfoods.com/MeadowRidgeFarm/>

Raw milk, dairy, sheep, and camel dairy. Cheeses, meats, wild-caught seafood. Ask for fresh, unfrozen meat and more raw products. Delivers in New York, New Jersey, Connecticut, Maryland, West Virginia, Virginia & Pennsylvania.

Mervin Esh

Phone: 717 530-5999

Email: cjwvega@gmail.com

Miller's Organic Farm, PA

<http://www.millersorganicfarm.com/>

Grazed and organic raw.

Amos Miller

Farm Phone: 717 556-0672

Order Phone: 305 677-2735

Email: help@MillersOrganicFarm.com

648 Mill Creek School Rd, Bird-In-Hand, PA 17505

Approximately 75 miles West of Philadelphia

Swiss Villa, PA

<https://www.swissvillallc.com/>

100% grass-fed raw cow milk from a small herd of heritage breed cows. Raw goat and sheep milk. Raw milk cheese, duck and chicken eggs, and grass-fed beef.

Phone: 717 515-6160

Email: Products@SwissVillaLLC.com

1783 Prospect Road, Washington Boro, PA 17582

Windy Acres Farm, OR

<https://www.windyacresdairy.com/>

100% grass fed. No hormones etc. Butter and cheese are raw and unsalted. Raw milk, cream, butter, butter milk and some cheeses.

Billie & Dave

Cell: 541-613-5239

Phone: 541 447-5389

Email: windyacres26@gmail.com (type "Raw Milk" in Subject)

RAW CHEESE, NO SALT ADDED

Sonnet Farms and Landmark Raw Milk Cheeses are fraudulently labeled; they heat the milk to 137° F.

Most cheeses use heat processed rennet that is sterilized and has preservatives and sodium chloride as it is required for commercial sales. Some farmers make their own homemade rennet that is completely natural and raw. Inquire with each source to learn their sources of rennet.

Grazin' Acres Farm Pantry (Vernon Hershberger's Dairy Farm)

Raw milk, butter, cream, cheeses, eggs, poultry, meats.

Phone: 608 727-2904

S6145 HWY 23. Loganville, Wisconsin 53943

Hilltop Meadow Farm, PA

100% grass fed. Hay is uncertified organic but homegrown — no chemicals. Only ship cheese, and it is raw unsalted. Do not need to join a co-op to buy milk.

Ask Unice or Lamar for unfrozen and unsalted dairy.

Phone: 570 345-3305

153 Martins Rd, Pine Grove, Pennsylvania 17963-8218

Mark Nolt Farm, PA (former Nature's Sunlight)

Organic raw milk, cream, butter, cheeses either salted or unsalted. Ask for unsalted and never frozen.

Mark and Maryann Nolt

Phone: 717 776-3417

Newville, PA 17241

Miller's Organic Farm, PA

<http://www.millersorganicfarm.com/>

Grazed and organic raw no-salt-added cheeses: cheddar, colby, swiss, Jack, farmer's and cottage. Frazer cheese made with homemade rennet. Makes home-made rennet cheese according to Aajonus' instructions.

Farm Phone: 717 556-0672 Amos Miller

Order Phone: 305 677-2735

Email: help@MillersOrganicFarm.com

648 Mill Creek School Rd, Bird-In-Hand, PA 17505

Approximately 75 miles West of Philadelphia

Wil-Ar Farm, PA

Grazed raw butter, raw cream and cheese. Ask for NO-SALT raw butter and cheese, and nothing frozen; only accepting local customers at this time.)

Arlene or Wilmer Newswanger

Phone: 717 776-6552

33 Parker Rd. Newville, PA 17241

Willow Run Foods P.M.A, PA

Frazer cheese made with homemade rennet

Phone: (717) 556-0285

995-B Musser School Road, Gordonville PA 17529

Meadow Breeze Farm (former Jacob Zook Farm), PA

<https://www.farmmatch.com/meadowbreezedowbreeze>

Ask for NO-SALT raw cheese, not frozen, and to ship with ice-packs only. He's Amish; do not call on Sundays; leave message and be patient; he may take several days to return your call.

Phone: 610-593-2883 Daniel Zook

Aajonus' Culture Starters for Making Kefir Recipe

Simply blend 1-2 tablespoons unheated honey to 6 ounces of milk and pour into 1-2 quarts of milk and let stand for 1 1/2 -2 days.

RAW FRESH BEEF, BISON, POULTRY

Soy must be heated and chemically processed to feed poultry, therefore **eggs and meat from less soy-fed poultry is better.**

Most meat and poultry butchering facilities are inspected by the USDA and therefore are required to treat the carcasses during processing with either a citric acid solution or hydrogen peroxide solution and some bathe the carcass in 180°F baths to disinfect and destroy bacteria. Some of the listings below butcher their own animals and use no treatments at all so it is a good idea to inquire how the butchering is done.

Also, when it comes to shellfish, it is required in the USA that all shellfish is soaked in ultraviolet water tanks for up to 48 hours before the shellfish can be sold. This included oysters, clams, mussels. The UV tanks are used to disinfect the shellfish and destroy bacteria. Other countries including Canada do not put shellfish in tanks and therefore are completely natural. You can request your local market orders from Canada or you can try to get shellfish from a local source directly before it is soaked in the tanks.

Forks Farm Market, PA

<https://www.forksfarmmarket.com/>

Organically raised, 100% grass-fed beef and lamb, organically-fed pastured chicken and turkey, free range eggs, and woodlot pork.

Phone: 570 683-5820, Todd and John Hopkins

Fax: 570 683-5728

Email: forksfarm@gmail.com

299 Covered Bridge Road, Orangeville, PA 17859

Grazin' Acres Farm Pantry (Vernon Hershberger's Dairy Farm)

Raw milk, butter, cream, cheeses, eggs, poultry, meats.

Phone: 608 727-2904

S6145 HWY 23. Loganville, Wisconsin 53943

Kepner Farms, CA

Eggs (chicken and duck), poultry (chicken and duck), meat (pork and lamb), whole pigs, chickens and ducks available as well as the usual cuts. Chickens and ducks, pastured all day, fed organic vegetables and seaweed.

951 496-7950 — Armando,

949 632-0017 — Carl (owner).

Chino, CA

Mark Nolt Farm, PA (former Nature's Sunlight, PA)

Grass fed, Ask for never frozen. Beef, lamb (occasionally), poultry, eggs. Exceptional quality and reasonable prices.

Mark and Maryann Nolt

Phone: 717 776-3417

Newville, PA 17241

Miller's Organic Farm, PA

<http://www.millersorganicfarm.com/>

All grazed and organic beef and poultry' plus organ meats. Order online or by phone.

Amos Miller

Farm Phone: 717 556-0672

Order Phone: 305 677-2735

Email: help@MillersOrganicFarm.com

648 Mill Creek School Rd, Bird-In-Hand, PA 17505

Approximately 75 miles West of Philadelphia

New York Beef Co., NY

<http://www.newyorkbeef.com/>

100% grass fed beef. Fresh beef available at customers request.

John & sons raise beef on farm about 75 minutes north of NYC.

John Gagliardi

Phone: 845 559-3171 — call or text your order

Farm store: Monday - Saturday 8 AM to 5 PM or by appointment. Sunday by appointment.

Northstar Bison, WI

<https://northstarbison.com/>

100% Grazed bison. Order non-frozen.

Mary Graese

Phone: 715 458-4300

Email: contact@northstarbison.com

222 Birch Avenue, Cameron WI 54822

Solar Harvest Farm, WI

<https://www.solarharvestfarm.com/>

Pastured chicken (30% soy-fed), turkey, pork & eggs; grass-fed beef; ask for non-frozen. Don't ship but people are welcome to visit farm by calling first.

Steve & Michelle Beyer

Phone: 262 662-5278

Email: solarharvestfarm@yahoo.com

steve@solarharvestfarm.com

7432 Marsh Rd, Waterford, WI 53185

US Wellness Meats, MO

<https://grasslandbeef.com/>

100% grass-fed. Order fresh never frozen meat.

Phone: 877 383-0051

Fax: 573 767-5475

Email: eathealthy@grasslandbeef.com

PO Box 249, Canton, MO 63435

Willow Run Foods P.M.A, PA

They have a variety of fresh meats. Call them for more information.

Phone: (717) 556-0285

995-B Musser School Road, Gordonville PA 17529

Windy Acres Farm, OR

<https://www.windyacresdairy.com/>

Pastured-based pork (also fed the skimmed milk left over from cream and butter production), lamb, ground beef, chickens, eggs, honey and young beef ("rose veal" meaning grass and milk-fed weighing less than 400 lbs.) are offered at various times throughout the year. Please call for pricing and availability.

Billie & Dave

Cell: 541-613-5239

Phone: 541 447-5389

Email: windyacres26@gmail.com (type "Raw Milk" in Subject)

EGGS

Soy must be heated and chemically processed to feed poultry, therefore eggs from less soy-fed poultry is better. In addition to this list, check Craigslist in your local area for fresh farm eggs. Ask for eggs from chickens fed organic, GMO-free, soy-free feed.

Some egg farms listed here use fish meal and crab meal which is heated and chemically processed in place of soy. Non heated and chemically processed alternatives are raw meat scraps, and raw skim milk for protein sources.

Grazin' Acres Farm Pantry (Vernon Hershberger's Dairy Farm)

Raw milk, butter, cream, cheeses, eggs, poultry, meats.

Phone: 608 727-2904

S6145 HWY 23. Loganville, Wisconsin 53943

Kepner Farms, CA

Eggs (chicken and duck), poultry (chicken and duck), meat (pork and lamb), whole pigs, chickens and ducks available as well as the usual cuts. Chickens and ducks, pastured all day, fed organic vegetables and seaweed.

Phone: 951 496-7950 — Armando,

Phone: 949 632-0017 — Carl (owner).

Chino, CA

Lily's Eggs, CA

Pasture-fed fertile, no antibiotics, eggs. Sold at Farmers' Markets throughout Los Angeles County.

Fillmore, CA 93015

Mark Nolt Farm, PA (former Nature's Sunlight)

Pastured eggs. Chickens are fed organic raw grains, grass, skim raw milk. No soy.

Phone: 717 776-3417 Maryann and Mark Nolt

Newville, PA 17241

Miller's Organic Farm, PA

<http://www.millersorganicfarm.com/>

Pastured, no soy, chicken eggs.

Farm Phone: 717-556-0672 Amos Miller

Order Phone: 305 677-2735

Email: help@MillersOrganicFarm.com

648 Mill Creek School Rd, Bird-In-Hand, PA 17505

Approximately 75 miles West of Philadelphia

Solar Harvest Farm, WI

<https://www.solarharvestfarm.com/>

Pastured chicken (30% soy-fed), turkey, pork & eggs; grass-fed beef; ask for non-frozen. Don't ship but people are welcome to visit farm by calling first.

Phone: 262 662-5278 Steve & Michelle Beyer

Email: solarharvestfarm@yahoo.com

steve@solarharvestfarm.com

7432 Marsh Rd, Waterford, WI 53185

Tomales Bay Pastures, CA

<http://www.tomalesbaypastures.com/>

Eggs from chickens completely pasture fed, nothing else. No soy or corn.

Phone: 415 450-1058

Email: giammonaeggs@gmail.com

PO Box 1461, Point Reyes Station, ca 94956

OILS PRESSED BELOW 96°F

Cold-pressed peanut oil is no longer available.

Andreas Seed Oils, FL

<https://andreasseedoils.com/>

Various nut oils pressed at extremely low temps. Order online.

Andreas Wecker

Phone: 407 504-7780

Email: Info@andreasseedoils.com

Apollo Olive Oil, CA

<https://www.apollooliveoil.com/organic-extra-virgin/>

100% extra virgin olive oil. There are no additives, preservatives or solvents. It does not involve any process above 90°F.

Steven McCulley

Email: info@ApolloOliveOil.com

Phone: 877 776-0703

Mail: Apollo Olive Oil, P.O. Box 1054, Oregon House, CA

Bariani Olive Oil, CA

<https://www.barianioliveoil.com/>

Organic extra virgin cold-extracted olive oil. Unfiltered, never heated, kept below 80°F. Order online or locate a store near you.

Phone: 415 864-1917

8:00AM to 6:00PM PST Monday through Friday

30400 County Road 16, Zamora, CA 95698

Barlean's Flax Oil, WA

<https://store.barleans.com/organic-clear-flax-oil-p86.aspx>

Freshest organic oils pressed below 96°F. Flax with high lignans (a specific fiber) helps regulate hormones. They press their oils the day before shipping them to you. Order online or check in health food stores.

Phone: 800 445-3529

Email: info@barleans.com

3660 Slater Road, Ferndale, WA 98248

Enzo Olive Oil Company, CA

Organic olive oil

<http://enzooliveoil.com/>

Phone: 559 299-7278

Fax: 559 299-7292

Email: info@enzooliveoil.com

7770 Rd 33, Madera, CA 93636

Green Pasture Cod Liver Oil, NE

<https://www.greenpasture.org/>

Order only NON-flavored cod liver oil. Normally the cod livers are frozen that are used to make the oil, so request using fresh in future.

Dave and Barbara Wetzel

Phones: 402 858-4817

402 858-4825

Phone, fax: 402 858-4818

Email: info@greenpasture.org

416 E. Fremont, O'Neill, NE 68763

Il Casolare, Italy

<https://oliofarchioni.com/en-us/products/cold-pressed-extra-virgin-olive-oil-il-casolare/>

Organic extra virgin olive oil. This brand is very expensive but it has a deep rich flavor. Order online.

Oliflix Arbequina Olive Oil

<http://www.oliflix.com/en/> — Europe

<https://www.keyelementals.com/> — the USA

Organic Extra virgin, granite stone pressed olive oil. This brand is expensive but more mellow and less pungent, delicious.

In the USA distributed by Key Elementals Inc.

James Hopson, Key Elementals, Inc.

Phone: 310 864-5830

Email: keyelementals@startmail.com

11600 Washington Place Suite 207, Los Angeles CA 90066

Omega Nutrition, WA

<https://omeganutrition.com/collections/flaxseed>

Fresh organic flax oil pressed below 95°P. They have other oils but those not listed are heated above 104°F or are processed.

Phones: 604 253-4677

1-800 661-FLAX (3529)

Fax: 604-253-4228 General Inquiries

Email: info@omeganutrition.com

Canada: 1695 Franklin St, Vancouver, BC V5L 1P5

US: 6515 Aldrich Rd, Bellingham, WA 98226

Penna Gourmet Olives, CA

<https://www.greatolives.com/buy-gourmet-olives-2/>

Fresh non-cured olives starting in September. Order online.

Phones: 530 865-9810, 530 865-9793

Email: admin@greatolives.com

Thai Organic Life Nature Shop, Thailand

<http://www.thaiorganiclife.com/product/virgin-coconut-oil-pure-raw/>

Their Thailand organic virgin coconut oil is completely handmade under 96°F.

Ta or Scott

Phone & WhatsApp: +66 (0) 98-010-4313

Skype: ayakiawe

Email: info@thaiorganiclife.com, prakang@hotmail.com

158/5 Moo 4, T. Maret, A. Koh Samui, J. Suratthani, 84310 Thailand

VANILLA EXTRACT

Frontier Natural, IA

<https://www.frontiercoop.com/>

Made with organic vanilla beans, with alcohol in ingredients.

Available through health food stores nationwide; if not on their shelves, ask them to order it.

APPLE CIDER VINEGAR

Bragg, CA

Raw, unfiltered, aged, organic, with “Mother”. Stored in stainless steel barrels. Bottled in glass. Sold in grocery and food stores nationwide.

<https://www.bragg.com/collections/apple-cider-vinegar/products/organic-apple-cider-vinegar>

Fairview Fruit Farm, PA

Raw, aged in white oak barrels.

Phone: 717 687-5609 Menno will answer.

281 Bell Road, Christiana, Pennsylvania 17509

Hain Pure Food, CO

<http://www.hain.com/> , <http://www.hainpurefoods.com/>

Unfiltered raw unpasteurized, aged and stored in stainless steel.

The Hain Celestial Group, Inc.

Phone: 800 434-4246

4600 Sleepytime Dr., Boulder, CO 80301

Miller Organic Farm, PA

<http://www.millersorganicfarm.com/>

Raw, unfiltered, aged, organic, with “Mother”. Aged in wood barrels.

Amos Miller

Farm Phone: 717-556-0672

Order Phone: 305 677-2735

Email: help@MillersOrganicFarm.com

648 Mill Creek School Rd, Bird-In-Hand, PA 17505, approximately 75 miles West of Philadelphia.

Solana Gold, CA

Raw, unfiltered, aged, organic, with “Mother”. Stored in stainless steel barrels. Bottled in glass.

<https://solanagold.3dcartstores.com/>

Phone: 707 829-1121

Monday - Friday 9 AM to 5 PM Pacific Time

P.O. Box 1340, Sebastopol, CA 95473

Spectrum Organic Products, LLC., CA

<http://www.spectrumorganics.com/>

Unfiltered raw aged and stored in stainless steel, unpasteurized organic with the “Mother”. Sold in stores and online.

Phone: 800 343-7833

133 Copeland Street, Petaluma, CA 94952

Willow Run Foods P.M.A, PA

Raw, unfiltered, organic, with “Mother”. Aged in wood barrels,

Phone: 717 556-0285

995-B Musser School Road, Gordonville PA 17529

BREADS

Rarely should bread be eaten because Advanced Glycation End products (glycotoxins) store in a healthy body at a rate of 70%, in an unhealthy body at a rate of 90%. **Breads made without salt are best for health.**

Future Fine Foods, CA

Baguette made with only unbleached wheat and potato flours, water, yeast and a pinch of sea salt. They supply some health food stores in Los Angeles.

Call for locations: 805 569-9244

2613 De La Vina, Santa Barbara, CA 93105

PASTA

Cooked carbohydrates are for those who have extreme difficulty in controlling too much energy, especially their tempers, and should only be eaten at times when eating raw fowl and/or seafood, and/or raw-nut formula, and abstaining from sweet fruits; do not reduce hyperactivity and reduce tempers.

Eden Foods, MI

<https://www.edenfoods.com/>

Sifted durum wheat. Available through health food stores nationwide; if not on their shelves, ask them to order it. Extra Fine Pasta.

Phone: 517 456-7424

Email: cs@edenfoods.com

701 Tecumseh Road, Clinton, MI 49236

Westbrae Natural, The Hain Celestial Group CA

<https://www.westbrae.com/>

Westbrae Natural Pastas are all made from organically grown durum semolina flour: angel hair, spaghetti, fettucine.

Phone: 1-800 434-4246

Monday-Friday, 7am-5pm Mountain Time. The Hain Celestial Group, Inc.

SUN-DRIED UNSULPHURED FRUIT

If you cannot get sun-dried fruit from your local health food store you can mail order it from the source.

Most grocery stores sell organic tomatoes, cucumber, pears, apples and possibly other produce with a wax coating to try to prevent mold and to make the produce look better. The waxes can be paraffin or other so-called organic wax. Paraffin is made from petroleum. It is a good idea to ask your grocer whether the produce you get is waxed or not. Farmers markets generally don't wax produce.

Bautista Family Organic Date Ranch, CA

<http://7hotdates.com/>

Raw unsteamed, not irradiated, dates. These are delicious; you might try some. Choose between a wet pack and a dry pack. Their season starts in September and goes until they completely sell out - sometimes in April, sometimes in May, rarely later. Customer service all year. They ship throughout the USA and Canada.

Phone: 760 396-2337

You will speak with family members - either Alicia or Gemma

Jaffe Bros. Inc Natural Foods, CA

<https://organicfruitsandnuts.com/>

Tomatoes are sun dried. Some other fruits are sun dried and some dehydrated. If a dehydrator is used, the temp is kept below 100°F. However, the medjool dates are heated too high in rooms at 130-140°F.

Ask if their tropical dried fruits are artificially dried; I suggest that those not be eaten.

Phones: 877 975-2333, 760 749-1133

Email: jaffebros@att.net

105 Copperwood Way, Suite F Oceanside, California 92058

RAW NUTS AND SEEDS

Because nuts and seeds contain enzyme-inhibitors that may prevent proper digestion of any protein eaten for up to 36 hours, nuts and seeds should be eaten in a blenderized mixture with whole raw egg, unsalted raw butter or coconut cream, and honey. That nut-formula neutralizes the enzyme-inhibitors. if you cannot get nuts and seeds from your local health food store you can order them online.

Azure Market Organics

<https://www.azurestandard.com/shop/tag/new?brand=Azure%20Market%20Organics>

Organic pumpkin seeds, carob, pine nuts. Buy online.

Phone: 971 200-8350

The Australian Carob Co., Australia

<https://www.australiancarobs.com/>

<https://www.amazon.com/Carob-Australian-Superfood-off-white-SharkBar/dp/B01D2975KS>

True raw carob powder. Milled into carob powder without ANY heat.

Also available from many online food stores.

Jaffe Bros. Inc Natural Foods, CA

<https://organicfruitsandnuts.com/>

Organic and nonorganic almond, pecan, pine, walnut, peanut, filberts, sunflower & poppy seeds. Be certain that the nuts and seeds you order are the raw variety.

Phones: 877 975-2333, 760 749-1133

Email: jaffebros@att.net

105 Copperwood Way, Suite F Oceanside, California 92058

FRESH ORGANIC HERBS. BULBS & SEEDS

Burpee Heirloom Seeds and Plants, PA

<https://www.burpee.com/>

Order online or request their catalog.

Phone: 800 888-1447

Email: custserv@burpee.com

W. Atlee Burpee Co., 300 Park Ave, Warminster, PA 18991-0008

Heise Wausau Farms, WI

Fresh American Ginseng root.

Phone: 715 675-3862

Email: heisewausaufarms@yahoo.com

2805 Valley View Rd, Wausau, WI 54403

Heirloom Seed Project, Landis Valley Village & Farm Museum, PA

<https://www.landisvalleymuseum.org/explore/heirloom-seed-project/>

Online Catalog:

<https://www.landisvalleymuseum.org/wp-content/uploads/2020/01/2020-Seed-Text-for-Website.pdf>

Phone: 717 569-0401 Call to order.

2451 Kissel Hill Road, Lancaster, PA 17601

Mountain Rose Herbs

<https://www.mountainroseherbs.com/catalog/herbs-spices/bulk>

Seeds. Order online.

Phones: 800 879-3337, 541 741-7307

Email: support@mountainroseherbs.com

PO Box 50220 Eugene OR 97405

Old Sturbridge Village Museum and Select Seeds, MA

<https://www.osv.org/>

No printed catalog.

Phone: 800 733-1830

1 Old Sturbridge Village Rd, Sturbridge, MA 01566

Pacific Botanicals, OR

<https://www.pacificbotanicals.com/>

Ships fresh herbs. Order online.

info@pacificbotanicals.com

Phone: 541 479-7777

Email: info@pacificbotanicals.com

4840 Fish Hatchery Road, Grants Pass, OR 97527

Renee's Garden, CA

Order online.

<https://www.reneesgarden.com/>

Phone: 888 880-7228

6060 Graham Hill Rd. Felton, CA 95018

Seed Savers Exchange, IA

<https://www.seedsavers.org/>

Heirloom vegetable, fruit, herb and flower seeds. Order online.

Phone: 563 382-5990

3094 N Winn Rd, Decorah, IA 52101

Strictly Medicinal Seeds (former Horizon Herbs), OR

<https://strictlymedicalseeds.com/>

Organically grown medicinal herbs, berries, plants and seeds. Order online or request their catalog,

Phone: 541 846-6704 Richo Cech

Fax: 541 846-0872

P.O. Box 69, Williams, OR 97544

Territorial Seed Company (former Abundant Life Seeds), OR

<https://territorialseed.com/collections>

Seeds only; order online or request their catalog.

Phone: 541 942-0510

20 Palmer Avenue, Cottage Grove, OR 97424

Thomas Jefferson Center for Historic Plants, VA

<https://www.monticello.org/house-gardens/center-for-historic-plants/>

Order online or by phone.

Order Phone: 800 243-1743

Customer service: 800 243-0743

Email: catalog@monticello.org

931 Thomas Jefferson Parkway, Charlottesville, VA 22902

Well-Sweep Herb Farm, Inc., NJ

<https://wellsweep.com/>

Download their catalog. They don't ship to AZ, CA, OR, WA.

Phone: 908 852-5390

Email: info@wellsweep.com

205 Mount Bethel Rd, Port Murray, NJ 07865-4147

White Flower Farm, CT

<https://whiteflowerfarm.com/>

Bulbs and plants; no seeds. Order online or order their catalog.

Phone: 800 503-9624

P.O. Box 50, Litchfield, CT 06759-0050

CLAY SUN-DRIED

Ask for nontreated clay. Bentonite clay is too often from volcanic lava and consists of toxic molten metals even though it may be metabolically reduced to a fine clay powder. I recommend AGAINST all bentonite clays, including Aztec Secret Healing Clay, and Pascalite Clay.

Terramin Clay, CA

Very light, mined from an old aqua-spring bed. This is the best clay. Order their "Nutritional Clay" for consumption; "Silk Clay" for toothpaste/tooth polish and face mask.

www.californiaearthminerals.com

P.O. Box 3113 Culver City, CA 90231

Phones: 888 303-1110

323 294-8500

Available on the internet and in many health food stores.

French Green Clay

May be purchased in Herb or bulk department of local health food stores or on the internet.

JUICERS

Aajonus recommended juicing vegetables, bland fruits and coconuts only. He warned against juicing and drinking high carbohydrate foods such as carrots and fruits that are high in fructose (fruit sugar) because they tend to create bipolar emotional behavior.

Best juicers for leafy vegetables and coconut meat are:

- Green Star Elite
- Green Power Gold (also called Green Star Gold)
- Green Star 1000
- Green Life.
- Zstar, Z-710 Manual Juicer — juices celery, parsley, vegetables. **Not for juicing coconuts.** Good choice for people with EMF sensitivities. Can be used to grind meats using the homogenizing screen that comes with it.

Green Star Elite and *Green Power Gold* are heavier duty juicers than *Green Star 1000* and *Green Life* for people who juice for more than one person.

Check <https://www.tribestlife.com/> , Amazon.com and other online stores.

The [Angel juicer](#) is poorly designed and difficult to clean; some parts may cut your fingers.

CANNING JARS & GLASS CONTAINERS

Check your local grocery stores and online retailers for Ball canning jars in 4, 8, 16 and 32 oz. jars. Do an online search for ball jars — numerous sites will show availability.

Always use Ball canning-jar lids.

Ball Corporate site — <https://www.ball.com/>

Ball Store site — <http://www.freshpreserving.com>

BABY & CHILDREN

Baby Natural Rubber Giraffe Teething Toy

<https://sophiethегiraffe-usa.com/>

100% Natural rubber. Rubber from the hevea tree. Safe and natural teether. Phthalate-Free with NO Vinyl (no-PVC). Safe & non-toxic for baby to teethe & chew.

Also check Amazon.com and other online stores.

Natural Baby Glass baby bottles

<https://www.ourgreenhouse.com/Glass Baby Bottles s/160.htm>

Natural rubber pacifier

<https://www.ourgreenhouse.com/Natural Rubber Pacifier p/hev-crown.htm>

HOT WATER BOTTLES, TRUE RUBBER

Colonial Medical products

Hot Water Bottle

<https://www.colonialmedical.com/hot-water-bottle-P-763.html>

Phone: 800 323-6794

Snger Rubber Hot Water Bottle

<https://www.amazon.com/S%C3%A4nger-Rubber-Hot-Water-Bottle/dp/B00I2CC4ZC>

Vermont Country Store

Rubber Hot Water Bottle with Fleece Cover

<https://www.vermontcountrystore.com/rubber-hot-water-bottle-with-fleece-cover/product/78473>

Phone: 800 547-7849

SUPPOSITORY SYRINGE

Cara Enema Syringe 6-Ounces bulb

<https://www.amazon.com/RECTAL-SYRINGE-CARA-13-Size/dp/B000GG7SSU>

Aajonus' Chronic Constipation Remedy

Place 1/4 teaspoon unheated honey with 3 tablespoon each of unsalted raw butter, raw cream and raw coconut cream into an 8-ounces jar. Screw the cap on the jar and let stand in bowl of hot water (not hot enough to bum your hand) for 4-5 minutes.

When ingredients are a little above body temperature, shake vigorously and suction into bulb syringe. Get on hands and knees and insert bulb syringe into rectum and squeeze mixture into rectum, and hold mixture inside all night while sleeping. That will coat the sigmoid colon where most constipation occurs and mixture will gradually move into the upper colon where it will feed the E.coli that is responsible for making food for brain and nerves.

Subscribe to WeWant2Live.com then see the transcript of the Q&A on February 3, 1013 for further details.

GREEN TOBACCO

Green tobacco is seasonal, available sometime between June and September, depending on rain and sunshine. Do not call sources except during green tobacco season.

Miller Organic Farm, PA

<http://www.millersorganicfarm.com/>

Amos Miller's neighbor grows organic tobacco that Amos can sell and ship to you.

Farm Phone: 717-556-0672

Email: help@MillersOrganicFarm.com

648 Mill Creek School Rd, Bird-In-Hand, PA 17505

Aajonus' Remedy for Ex-smokers

This is a remedy for ex-smokers and second-hand smokers who want to dissolve and cleanse the hardened and crystallized tobacco tars from their bodies. It would be best to juice the green tobacco through the Green Star or other Green model until you have 12 to 30 ounces.

Light and second-hand smokers may consume 3 drops per day; that will be 12 ounces over 9 months.

Heavy long-term smokers may consume up to 7 drops per day; that will be 30 ounces over 9 months. Keep in glass jar.

Add 1 or 2 ounces respectively of good water from well or glass-bottled water (if carbonated, shake until carbon evaporates), 3 or 6 drops respectively of raw apple cider vinegar, 3 or 6 drops respectively of lemon juice, blenderize for 20 seconds, and let ferment in a dark cupboard for about one week, or longer if necessary to produce gas in the jar.

Refrigerate it after a week, or when it gases.

Remedy: I suggest adding 3 or 7 drops fermented green tobacco-juice mixture to a green vegetable juice once daily sometime between 11 am-1:30 pm. Consume every day for 6 weeks, stop for 1 day, resume for 6 weeks, stop for one day, resume for 6 weeks, stop for one day, resume for 6 weeks, stop for 1 day, resume for 6 weeks, stop for 6 days, resume for 8 weeks.

HOUSEHOLD & PERSONAL CARE

TriField EMF Meter Model TF2

<https://www.amazon.com/TriField-EMF-Meter-Model-TF2/dp/B078T2R64C>

Electric field, radio frequency (RF) field, magnetic field strength meter. Detect 3 types of electromagnetic radiation with 1 device. Used and recommended by Aajonus.

Eco Nuts USDA Organic Laundry Detergent

<https://econutssoap.com/>

Safe for delicate skin; hypoallergenic; fragrance free; saponin released from soap nuts is a chemical free natural laundry solution.

Phone: 310 665-9891

Email: customerservice@econuts.com

4151 Redondo Beach Blvd., Lawndale, CA 90260

Several other good brands of organic soap berries/nuts are available online,

Aajonus' Laundry Soap Recipe

1. Start with very **fermented coconut cream**.
2. Add **1 table spoon of lemon juice** to one cup of coconut cream, letting it stand in heat for at least 2 days.
3. Pour it into 1 quart of water.

That means you will have 4 cups of water and one cup of fermented coconut cream. If you have a [laundry ball](#), use about 1/4 cup of fermented coconut cream/water with each laundry load.

(email, March 26, 2013)

“I suggest that we do not use soaps for cleaning anything except laundry. Many “ecologically” friendly soaps and cleansers are not friendly to us or the environment. They may contain on the average 30% biodegradable substances and the rest are the same chemical toxins used in commercial products.

To clean my dishes, I simply use warm water with 2 tablespoons raw apple cider vinegar, 1 tablespoon sea salt and 1 teaspoon coconut cream.

For my body, I use fresh or fermented coconut cream that leaves my body moisturized and protected against environmental toxins.”

(Primal Diet Newsletter# 12, October 7, 2008)

“Keep natural. **Use coconut cream as soap**. If you do not want your hair to be so oily from using coconut cream as shampoo, simply let it ferment out of the refrigerator until it turns pink and dilute it with water. Then wet your hair before applying the diluted coconut cream.

Wear and use only natural materials, cotton, wool, silk and hemp. The same natural fabrics should be used for bedding, furniture and rugs. We must avoid industrial and medical contamination. We should eat a balanced raw diet, such as my Primal Diet. “

(Primal Diet Newsletter# 23, October 26, 2010)

SHOES

Nomadic State of Mind, NC

<https://shop.nomadicstateofmind.com/>

Rope sandals. These are just like being barefoot. Aajonus wore these and recommended them highly.

Phones: 781 816-3030 — if you get a voicemail, they’ll call you back. Email works best.

703 568-4758 —outside USA

Email: peace@nomadicstateofmind.com

579 Baywood Road, Fayetteville, NC 28312

AAJONUS' BOOKS, NEWSLETTERS, AUDIO, DVD WORKSHOP

We Want to Live. The Primal Diet by Aajonus Vonderplanitz

The Recipe for Living Without Disease (with recipes) by Aajonus Vonderplanitz

Collected Audio Recordings — over 466 hours

<https://www.wewant2live.com/shop/>

Phone: 323 313-5802

Email: facilitator@wewant2live.com

Visit our online store for a complete catalog of Aajonus' books, articles, video and audio materials. Aajonus' digital books are downloadable and searchable. As a member you can search the website with all of Aajonus' published and non-published information available, and Primal Diet Newsletter archive.

Quality Foods for Primal Diet™

Aajonus was a teacher. He gave his wisdom so that people could take care of themselves and would be aware of how many layers exist to being healthy and having high quality foods.

When Aajonus created his original Product List he had methodology and criteria for food evaluation and locating the best foods. When inquiring with a potential producer, he would ask the owner of the farm to send him a signed letter stating the details of how the farm does things and/or how a particular product was produced, such as olive oil, honey extractions, and so on.

For every product listed here, Aajonus would say to always stay on top of the source regularly, to make sure the methods remain at Primal Diet quality. Good farmers are very open to questions. Farmers that are not focused on quality are usually not that open to questions.

Requiring a signature documents the owner's statement. For instance, several farm owners have said things over the phone or by email such as "we don't feed our bees sugar syrup or corn syrup". When then asked for a letter stating that with the owner's signature, the owner ignores the request or says "why does it matter to sign it?" or "I don't have time to draft it." On several occasions those farms have later been found to have been feeding the bees sugar syrup.

Aajonus had high standards for foods that are good for your health, such as:

- Raw honey should never be heated above 93°F. The enzymes are damaged starting at 93°F and start to convert to processed sugar.
- Cold pressed oils should be processed below 96°F.
- Always ask for fresh, never frozen meats and dairy. When meats have been frozen, they lose the regenerative elements involved in cellular division, nutrients are damaged, and byproducts form.
- Eggs should never be washed or refrigerated. Unwashed eggs last longer and the bacteria is healthy; you avoid chemicals that may be a part of the washing. Egg shells are transparent and eggs absorb chemicals to which the shells have been exposed. Even brand-new cardboard cartons can create toxins in the eggs from the outgassing fragrances.

- All ground meats should be ground **once**. When ground more than once, it homogenizes the fats and turns the meat into a fuel instead of building/regenerating substance.
- Not all cheese is made the same. All rennet from commercial sources is cooked and sanitized, has salt, additives and preservatives. The old way to make rennet was from a calf's stomach lining where the natural rennin is found. Old cheese makers just cut a piece of the stomach and put it into a big vat of milk to make cheese. [Miller's Organic Farm](#) makes home-made rennet cheese according to Aajonus' instructions. Other farmers are open to making rennet if requested. You must request that they try a traditional method.
- Commercial cultures such as kefir are not as healthy as natural cultures. Inquiring about the cultures used in cultured butter, cream, cheese and other products would be something he would suggest. Commercial cultures are sterilized/caked just like rennet.
- Don't store food in very cold refrigerators. Aajonus would not store milk below 42°F. Colder than that can alter the nutrients and bacteria, and reduce absorption. He would always choose bacteria over sanitation. The body is 99.99% bacteria.
- When you have a choice between a USDA inspected and treated meat and a small farm that butchers the animal without any treatment or USDA inspection, always choose the non-treated meat. USDA inspected meats are all treated in some way. Examples are that the meats have been washed in 180°F water to disinfect and destroy bacteria, and/or have been sprayed with citric acid solution or hydrogen peroxide.
- When getting fresh bone marrow, make sure the farm never vaccinated the animals or gave them dewormers. The chemicals and heavy metals from those solutions store in the bone marrow in the animals. When you eat the marrow, you absorb those metals and chemicals. Non-vaccinated animals have very healthy bone marrow. Eating healthy bone marrow with meats creates 2-3 times cellular division and regeneration of the body because of the stem cells.
- Many grocery stores carry organic produce that is waxed with Paraffin wax which is made from petroleum, coal or shale oil. Produce which are confirmed to be waxed are organic tomatoes, cucumbers, pears, apples and likely others. Some markets do offer non-waxed so it is a good idea to ask your market. Most farmers markets do not sell waxed produce.

Checklist for Pure, Organic Dairy Practices & Products for Primal Dieters

- ✓ Cattle are grazed on **open, organic pasture**.
- ✓ Cattle are fed only organic, unheated grains.
- ✓ Cattle **do not have salt added to their feed**. No salt is optimal; salt blocks are acceptable.
- ✓ Cattle are **not fed soy beans**. Cattle may eat soybeans raw; they digest it fine. It just makes the milk and meat taste like cardboard. Fowl and humans cannot eat raw soybeans.
- ✓ Cattle are **not vaccinated**. After calfdom because you are unlikely to find a cow or steer that has not ever been vaccinated. And **no dewormers** given to cows including applied to the hide along the spine.
- ✓ Cattle are **not given Vitamin C or any other type of injection**.
- ✓ **No bleach** is used on milk collecting equipment. Bleach is a neurotoxin and chloroform is carcinogenic.
- ✓ **No iodine** is used on cow's teets for mastitis secretions or prior to milking. Isolated iodine is a very toxic chemical for both cows and humans. It is a free radical and accumulates in the body causing thyroid and other glandular malfunctions as well as internal lesions and irritation. Diluted unpasteurized raw apple cider vinegar is preferred for cleaning the teets prior to milking and for mastitis secretions.
- ✓ **No detergents** are used in bottling or in cleaning milking equipment but if used, the equipment must be rinsed many times. If it is necessary, use soap.

Consider: All chemicals used in the feeding/treatment of cattle or the gathering of milk make the cows and their products non-organic!

Dairy Feed Analysis

October 6, 2000

Re: Dairy Feed

Hi,

Thank you for your wonderful milk. It has provided many people with a means to recover from varied levels of illness and improved the health of others. However, I have been receiving reports from a few clients since they started drinking Claravale 18 months ago. They say that they get nausea right after drinking it. I theorized that their symptoms were a response to the increased fat content of Claravale milk, causing bile and other detoxifications from glands, such as the liver, pancreas and gallbladder, to dump into the stomach. However, even a few patients who have fairly healthy glands, but have other sensitivities, are experiencing symptoms. Stueve's milk never produced that reaction, so I decided to analyze the feed you have been giving your cows during milking, and here is what I found:

Steam-Rolled Barley and Corn

In order to flatten grains, without having them crumble, they steam them. They are a cooked food at that point and the grains cannot truly be considered raw. They do this mainly for 2 reasons: 1) so that a certain percentage of grain berries and kernels will not pass through the animals' digestive system undigested, and 2) so the feed doesn't look like ground chicken feed. Not raw.

Wheat Millrun

Usually, the waste after milling wheat, containing bran and other pulp that usually has absorbed the bulk of pesticides.

Often steamed because of molds. Not raw

Whole Pressed Safflower Seed Meal

This is the waste after heat pressing to remove the oil from safflower seed. Not raw

Ground Barley

Usually low-grade grain for fodder. Not raw.

Rice Bran

Waste from hulling rice. Not raw.

Cane Molasses

Used to sweeten the feed to make it smell good to cows so they will eat it. It is the garbage left at the bottom of the tanks after boiling sugarcane between 350-600° F.

It is heavily laden with free radicals and other toxins. Not raw.

Vegetable Oil Blend

The low-grade oil left after heat pressing and filtering vegetable oils. Not raw.

Cottonseed Meal

Usually the pulp left after heat pressing the oil out of cottonseed. Not raw.

Molasses Dried Beet Pulp

The garbage left at the bottom of the tanks after boiling sugar beets between 350-600° F, and dried. Heavily laden with free radicals and other toxins. Not raw.

Cotton Hulls (3.5%)

The waste after hulling cotton (not cotton seed), containing most of the pesticides applied to cotton crops. Basically, cotton hulls are indigestible in herbivores. Contaminated fodder.

Cane Molasses

Repeat of above. Not raw.

Calcium Carbonate

Not a food. Usually the calcium separated from solid mineral-salt waste from industrial processes.

Salt

Not a food. Sodium chloride dehydrates red blood cells and swells all other cells without benefit in animals that eat raw food.

Vitamin A Supplement

Not a food. Processed and inactive waste product of food processing.

Vitamin D3 Supplement

Not a food. Processed and inactive waste product of food processing, especially irradiated oils, including petroleum oil (motor oil).

Vitamin E Supplement

Not a food. Alpha tocopherol that is a by-product of developing film (Kodak, Fuji).

Zinc Oxide

Not a food. Indigestible rock. The earth and rain must first dissolve rock by bacterial and enzymatic processes before a plant can absorb it. Then the herbivores eat and utilize the bio-active minerals properly. Oxides in animals cause mineral loss and clustering.

Manganous Oxide

Not a food. Indigestible rock. The earth and rain must first dissolve rock by bacterial and enzymatic processes before a plant can absorb it. Then the herbivores eat and utilize the bio-active minerals properly. Oxides in animals cause mineral loss and clustering.

Iron Carbonate

Not a food. Usually, the iron separated from liquid or solid waste from industrial processes.

Ethylene Diamine Dihydroiodide

Not a food. Ethylene Diamine is a semi-volatile chemical used to lengthen shelf life, and reduce shrinkage and spoilage. It can affect the brain, damage skin, damage sperm in males, and even cause death if exposure is very high. In some cases, an extremely small quantity of ethylene can cause irreversible damage! Often, not immediately noticeable, ethylene will have an effect even if exposure time is short.

Ethylene Diamine Dihydroiodide (EDDI)

EDDI is iodine from soil, not food, combined with Ethylene diamine. The source is usually methyl iodine that is a byproduct of industrial waste. Many claims have been made for 50 years that it protects certain animals from disease, such as "foot rot", "soft tissue", "lumpy jaw" and "wooden tongue" in cattle. No tests of any kind were performed to make these assumptive claims.

Copper Oxide

Not a food. Indigestible rock. The earth and rain must first dissolve rock by bacterial and enzymatic processes before a plant can dissolve it further and absorb it. Then the herbivores eat and utilize the bio-active minerals properly. Oxides in animals cause mineral loss and clustering.

Cobalt Carbonate

Not a food. Radioactive or paint-manufacturing waste.

Sodium Selenite

Not a food. Selenium from plastic-manufacturing waste.

Ethoxyquin (As a Preservative)

Not a food. Many pet food manufacturers use it as an anti-oxidant. However, an ongoing controversy surrounds issues related to its safety when repeatedly fed at permitted amounts, particularly when fed to genetically susceptible breeds of inbred or close line-breeds. It is readily absorbed and metabolized, with residual levels in the liver, gastrointestinal tract and adipose liver.

Ethoxyquin is assigned a toxicity rating of 3 or "moderately toxic", indicating the probable oral lethal human dose is 0.5-5 g/kg, 3 to 33 times the maximum allowed in pet foods. This toxicity rating is slightly greater than ratings for tetracycline and penicillin, lower than for aspirin and caffeine. Susceptibility of laboratory animals to anti-oxidant toxicity increases with the nutritional stress of variable dietary constituents, such as dairy cattle. Increased dietary fat, for example, increases susceptibility to toxicity of ethoxyquin fed to chickens and BHT (as well as DDT) fed to rats. The response in chickens to increased dietary fat appeared to be due to the resultant lowered protein. Chickens fed 17 vs. 23% protein showed increased susceptibility to ethoxyquin toxicity. Ethoxyquin levels fed to chickens were, however, almost 17 times the maximum allowable level for pet foods.

In laboratory animals, ethoxyquin increased hepatic vitamin A levels 2 to 5-fold, and at levels 3 times that found in pet foods, and increased blood vitamin E levels 2-fold. These data suggest that ethoxyquin assumes some in vivo toxic activities and thus requires more fats and anti-oxidants such as vitamin A & E to bind and harness the resultant toxicity.

Since the late 1980's, the incidence of chronic disorders in purebred dogs appears to have increased. These disorders include dysfunction of the liver, kidney and thyroid, reproductive problems, autoimmune diseases and other immune dysfunction, birth defects in pups, increased stillbirths and neonatal mortalities, neoplasia, allergies and problems with the skin and coat condition. Most concerns have focused on inbred or closely line-bred dog families.

Suspicious about the safety of ethoxyquin and any association with these disorders would be difficult to corroborate because the affected animals may have received drugs or other medications to treat their symptoms and other diseases may be present. Furthermore, ethoxyquin has been used in some animal feeds since 1959, some years before the controversy arose. Nevertheless, the additive or cumulative effects of several environmental insults could explain the increasing frequency of debilitating illnesses in these dogs. Cumulative effects of metabolites and their interactions may place inbred or closely line-bred animals exposed to other inducing agents at significantly increased risk. The Food and Drug Administration of the USA Center for Veterinary Medicine states, however, that there is insufficient scientific evidence to show that ethoxyquin is unsafe when used at approved levels or to warrant action against its use in pet foods. Future studies incorporating modern toxicological techniques, appropriate medical and epidemiological assessment of cases and consideration of multifactorial interactions in inbred or closely line-bred animals, should help to clarify the issue.

After reading the above, you might come to the same conclusion as I did that the ingredients above are merely a means of one company making money from the wastes of another, much like fluoride is an industrial waste sold as a dental asset, when it is actually a poison.

When I was in charge of fodder for milking herds in 1976, I experimented with various feeds. I learned that they were all byproducts of manufacturing and gimmicks. I chose to formulate a fodder. I started from an idealistic perspective. Millet was considered the most nutritious grain produced by nature, however, not even a goat herd would eat it on a regular basis, unless it was crushed and either sugar or molasses coated. I tried millet as only a 2% ingredient and they still would not eat any of the feed. Peas were favorable from a scientific perspective, but again, cattle would not eat it on a regular basis.

I resorted to simple whole grain berries that were less likely to become rancid and to mold. My most successful blend was simple whole oat berries (20%), whole corn kernels (60%), whole carob pods (18%) and raw carob powder (2%). The raw carob powder acted as a moisture absorbent and prevented the berries from molds and yeasts. The carob and the oats made the cream richer and sweeter, and made the milk taste almost maltish. Another excellent blend was whole oat berries (20%), whole barley berries (10%), whole corn kernels (50%), whole carob pods (18%) and raw carob powder (2%).

I have not shared these formulas with anyone. You may use these fodder formulas if you wish to improve the health of your herd and improve the quality and flavor of your milk at no charge. However, I do not give license to share, sell or exchange these formulas with anyone.

I hope that you take this information as it was intended: with the desire for better health and better communication. Again, thank you for all of your hard work and tenacity to make your dairy work and grow. You have been very important to a lot of people.

Healthfully and lovingly,

Aajonus

Getting Healthy Foods You Want

There are several options to get the foods you want:

1. **Join an existing Food Club or Co-op** following the links to Food Clubs & Co-Ops on page 2 of this document.
2. **Order directly from the farm of your choice.** Some of the farmers on this list may have deals for shipping rates with UPS or FedEx. To get these foods at an affordable price, you can get foods shipped by [UPS Simple Rate](#). With Simple Rate you can have a 12 x 12 x 12 box up to 50 pounds sent to you for only \$25.00 shipping plus the box. It is a little faster than ground shipping.
FedEx may have a flat rate also to inquire about should your source only ship with FedEx.
3. **Hire a refrigerated truck to deliver your food.** For people with a bigger group around them that want high quality foods shipped in, you can hire a refrigerated truck to bring a pallet of food from the farms you like the most. It can cost \$300-\$600 depending on how far you are from the farm, yet with enough people it may be affordable.

A couple of truck companies in Pennsylvania:

STBI (Stoltzfus Truck Brokerage), PA

<https://www.stbi.net/>

Phone: 800 486-7924

Fax: 717 442-9579 Mon to Fri - 8:00 am to 5:00 pm

30 Slaymaker Hill Rd, Kinzers, PA 17535

CF Logistics, PA

<http://www.cflogisticsllc.com/>

Phone: 610 268-5147

Fax: 610 268-3695

P.O. Box 686, Avondale, PA 19311

4. **Organize your own Food Club.** If you want to organize your own Food Club or you are a farmer selling high quality raw foods to customers, Co-ops and Food Clubs, you might want to use the original Food Club Membership Agreement drafted by Aajonus as a blueprint.

AAJONUS' SAMPLE FOOD CLUB MEMBERSHIP AGREEMENT

Part 1. Food Club Membership Agreement

I attest that as a member of this club, I demand access to food that:

1. is produced without exposure to chemical contaminants such as industrialized pesticides, fertilizers, cleansers or their gases;
2. is not subjected to artificial temperatures above 105 0 Fahrenheit (F.), dairy not below 42 degrees F., and meats not below 380 F.;
3. is complete with its natural unadulterated enzymes intact;
4. may contain microbes, including but not limited to salmonella, E. coli, campylobacter, listeria, gangrene and parasites;
5. the cows are grass-fed;
6. fowl are free-range outdoors and not fed soy products;
7. the eggs are unwashed and may have bacteria and poultry feces on them.

I fully understand that these features represent a different paradigm for food preparation, storage and safety than those that are currently enforced by all local, state and federal government agencies. As a member of this club, I fully trust its administrative members to ensure that the preparation, handling and packaging of the food obtained through this club meet the standards I set forth above. I affirm that no government regulations apply to our products and that regulatory agencies have no jurisdiction over any of our products I obtain through this club.

Because the standards currently enforced by government agencies cause industrial chemical contamination whose effects on my health may be severe, immediately or cumulatively, and have the effect of denying me access to the quality of milk and other foods I require to improve and maintain my health, I reject those standards and any attempt by government agency to regulate food production, preparation, packaging or labeling for this club. I affirm that any government-agency would exceed its authority if it were to require members of this club to testify on any such matters. Also, in case of any government-

proceeding relating to the application of government standards or interference to this club, I will be available to testify about any activities by government employees that overreach their authority, including trespass, conspiracy and kidnapping (false arrest).

I attest that I am not acting under color of law or in any way disguising my motives, acting on behalf of any agency, person, or other entity in order to entrap, hurt, gather information about, or testify against the members of this club and therefore affect this club, [Co-op/Food Club Name], their members or their purposes.¹

By agreeing to the Terms of Use below and with payment of thirty dollars (\$30.00), I join this club and testify that I fully subscribe to the Club Membership Agreement. This agreement confers on me an ownership interest in farm animals and other food products produced for distribution among the members of this club. Any money I pay upon acquiring my food is payment for services rendered by farmer, workers and his/her agents. I agree that my food I acquire through this club is for my household's use and I am fully responsible for its use. I will not hold this club, or [Farm Name] responsible for any effects of its use. I reaffirm that the food I acquire through this club is not subject to government regulation because I own the food on the farm and am not engaging in commerce.

I understand that my membership in the club requires annual renewal in the amount of \$30.00 and pays for my membership in [Farm of Food Club Name]. Payment is given or mailed to [Farmer's Name], [Farms Address] or paid electronically via [Payment Site Address].

Part 2. Public Servant, Member Affirmation

If you, or anyone in your immediate family work for the state or federal government (public servant), the following applies:

Public Law 93-579 states in part: "The purpose of this Act is to provide certain safeguards for an individual against invasion of personal privacy by requiring Federal agencies ... to permit an individual to determine what records pertaining to him are collected, maintained, used, or disseminated by such agencies."

¹ See U.S.C. Title 18, Sections 241 and 242. Conspiracy against rights and Deprivation of Rights is under color of law.

I affirm that I will uphold the constitution of the United States. (All public servants have taken a sworn oath to uphold and defend the constitution.)

I guarantee that the information gathered at [Farm/Co-op/Food Club Name] will not be used against [Farm/Co-op/Food Club Name] or anyone affiliated with [Farm/Co-op/Food Club Name].

I affirm that if any request for information relating to [Farm/Co-op/Food Club Name] is received from any person or agency, I must advise Vernon Hershberger in writing before releasing such information. Failure to do so may subject me to possible civil or criminal action as provided by the act.

Part 3. Terms of Use

I have carefully read the preceding Part 1 - Club Membership Agreement and Part 2 - Public Servant, Member Affirmation and I agree to these Terms and Conditions.

[Date]

[Signature]

[First & Last Name]